



HOW TO **KILL** FUNGUS FAST

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There is a lot of information online regarding fungal infections and how to treat them, but much of it is bogus and misleading. I know this firsthand because I've tried it. I've had two infections so far in my life, the first as a child (ringworm), and the second as an adult (balanitis). Both took the better part of a decade to resolve, because I didn't have access to the right tools and information. I want to help you avoid the same fate.

If you're reading this, I assume you or someone you care about has a fungus. And if this is the case you know first-hand how difficult it is to eradicate. As a child I contracted ringworm from using my father's hair brush, which resulted in an embarrassing and itchy bald spot appearing in the back of my head. My mother, like most people, took me to a doctor, and that doctor gave us antifungal cream which was completely useless.

We gave up trying to treat the ringworm, and it eventually went away on its own, but it took nearly a decade. In the meantime, my childhood was humiliating, with the kids making fun of me at school. I will never forget a particularly embarrassing incident where a schoolmate took a photo of the back of my head and begin showing it to the other school kids. It is experiences like this that made me develop a deep hatred for fungus.

The second and most recent infection I contracted as an adult. I was traveling in the Caribbean and made the mistake of using dirty water to clean my genitals, contracting a fungal infection called balanitis that appeared on my penis glans. It showed up literally overnight and it took nearly five years to treat. I tried everything from antifungal cream (clotrimazole) to honey, yogurt, vinegar, garlic, Listerine, zinc, sunlight and more. Despite the advice from friends to go to a doctor, I refused because I knew from childhood experience that most doctors are useless and showing my penis to a stranger in a foreign country was an embarrassment I would not accept. I was determined to get rid of it on my own, and I did.

Why Most Doctors are Useless at Treating Fungal Infections

My first piece of advice is not to waste your time and money going to a doctor if you get a fungal skin infection. From my experience and research, most doctors are inept at best and unethical at worst. For instance, during my five year battle with balanitis, I did a lot of research online, and what I found is that many doctors were recommending circumcision for their uncircumcised patients. While it is true that balanitis usually occurs in males that have foreskin (because the dark, moist area beneath it is the perfect breeding ground for fungus), this advice didn't make any sense.

Why remove the foreskin completely when it can be gently pulled and held back? Second, removing the foreskin doesn't directly solve the problem of the infection itself. Many patients reported that even after undergoing circumcision their fungal infection persisted, which makes sense given that removing the foreskin does nothing to eradicate the actual skin infection. It quickly became apparent to me that the real reason these physicians were recommending circumcision is because it boosted their profit. The average cost for circumcision in the United States ranges from \$2,500 to over \$5,500. This is a high price

to pay for a procedure that does nothing to directly eradicate the fungus and besides, I had no desire to remove my foreskin anyhow. So I did something very simple and cost effective, I gently pulled my foreskin back and used a piece of tissue to keep it held back until the tissue was no longer needed because the foreskin held back on its own. This was my first step towards eliminating balanitis, because the fungus no longer had a dark, moist environment to thrive in.

The second trick doctors use to fleece their patients is to recommend a biopsy. The average cost for a biopsy in the United States in 2024 is \$9,300, just to take your skin sample to a lab to confirm what you should already know, that you have a fungal infection. I was able to self-diagnose my balanitis using a simple web search and common sense. Are you starting to see why medical bills are a leading cause of bankruptcy among Americans? In reading countless online forums I found that patients with fungal infections often wasted time and money going from dermatologist to dermatologist, trying all sorts of antifungal medications that simply don't work.

Healthcare Often Overlooks Fungal Infections in Favor of Viral Research

The mainstream medical industry has never prioritized fungal infection research in the same way that they prioritize research into viruses and bacteria. According to [this article](#) from the National Library of Medicine, "Fungal infections (FIs) represent an example of such overlooked emerging diseases, accounting for approximately 1.7 million deaths annually."

Meanwhile, the United States [spent about \\$4.6 trillion](#) battling the Covid-19 virus; despite the fact this disease had a much lower death rate than fungal infections. According to the National Library of Medicine only about [\\$7 billion is spent](#) annually for fungal infection research and treatment. Furthermore, most doctors recommend synthetic, costly and manmade medications over natural herbs and plants because prescription meds offer better profit margins.

An example of this is Brexafemme, which is an oral medication used to treat vaginal yeast. It currently costs a staggering \$530 and comes with many side effects such as headache, vomiting, diarrhea, dizziness, abdominal pain and nausea. To make matters worse, fungal infections worldwide are becoming increasingly resistant to mainstream antifungal medications.

Antifungal Resistance

According to [this article](#) from the Science Daily, there has been a recent surge in global fungal infections that are resistant to standard medications. 150 million patients are reporting these infections each year with about 2 million fatalities worldwide. While the article makes recommendations such as greater education and awareness along with increased diagnostic testing, no solutions are presented to actually help people combat these infections without having to visit a doctor.

The biggest weakness of prescription antifungal medications is that fungi often develop a resistance to them. This occurs as the result of improper use, skipping doses, or ending the treatment prematurely. Once this happens, the fungus becomes better adept at blocking medicinal healing.

Excessive antibiotic use also causes antifungal resistance. This is because antibiotics kill both harmful and helpful bacteria, especially beneficial bacteria within your digestive tract. Once this occurs, helpful digestive yeast such as Candida can grow too quickly, running the risk of developing a condition called candidiasis.

Some also believe that antifungal resistance might be the result of using agricultural fungicides. These pesticides are used by farmers worldwide to prevent their crops from succumbing to fungal diseases. And although they ensure greater food availability in the short term, some theorize that consumption of such crops makes it harder for consumers to fight off fungal infections when they appear.

Candida auris and Antifungal Superbugs

In 2009 a fungal superbug called Candida auris appeared. It caused significant problems worldwide in the following decade, and has become increasingly common today within the Continental United States. The usual antifungals which are used to treat Candida infections are far less effective against this strain, and some strains of Candida auris are resistance to multiple drugs.

To make matters worse, antifungal superbugs have emerged such as Aspergillus fumigatus, a mold whose spore's people can inhale which causes a lung condition named aspergillosis and Candida glabrata, which afflicts ones urinary system. Both are resistant to standard treatments such as echinocandins and azoles.

Introduction to Essential Oils

Now that we understand the problem, let's focus on the solution. Until recently I knew little of essential oils. I learned of them through research I was conducting for a client, and quickly recognized their many benefits. Essential oil consists of a hydrophobic liquid which is concentrated, and contains plant based chemical compounds. They are extracted through distillation and are used in soap, cosmetics, incense, food and perfumes. They've existed since Antiquity, are mentioned in the Bible, and prior to modern medicine were the standard treatment for a variety of maladies.

Yet the majority of doctors and physicians completely ignore or overlook them, and almost never recommend them to their patients. In fact, when you look up the term "Essential Oil" on Wikipedia, it says that "there is not sufficient evidence that essential oils can effectively treat any condition." This is completely wrong and misleading. I can tell you from first-hand experience that essential oils can be used to successfully treat fungal infections, and in my case it was the only thing that worked. However, you have to use the right oils in the right way, which is what I teach at www.killfungusfast.com

Essential Oils Can Vary Greatly in Quality and Effectiveness

In their purest form, essential oils are safe when used properly. However, many of the products sold online and in physical stores are adulterated. This means that chemicals have been added which alter their aroma and reduce their cost. Some of these oils also contain undesirable byproducts which is the result of not growing their plants organically. These unwanted ingredients can undermine the effectiveness of the oil and even lead to toxic reactions.

The first step in eliminating your fungal infection is to choose therapeutic oil, not perfume grade oil. If you mistakenly purchase perfume grade oil, you run the risk of getting rashes, headaches, an allergic reaction or liver toxicity.

The mainstream medical establishment often amplifies these adverse reactions, widely publicizing and spreading such incidents to scare people away from using these oils. For example, if you look up the word “Essential oil” on Wikipedia it says that “Improper use of essential oils may cause harm including allergic reactions, inflammation and skin irritation. Children may be particularly susceptible to the toxic effects of improper use. Essential oils can be poisonous if ingested or absorbed through the skin.”

While this statement is partially true if essential oils are improperly used, Wikipedia does not mention the beneficial effects of essential oils and fails to differentiate between perfume and therapeutic grade substances. Another thing to keep in mind is that the essential oil industry is not heavily regulated. This means that any manufacturer can use the term “Pure” to describe their product, which usually just means that it has not been diluted using carrier oil such as jojoba or olive. However, this tells you nothing regarding the oil quality, or the manner in which it has been harvested or processed.

There are more than 90 different essential oils on the market which are sold by numerous manufacturers, so it can be tough to choose the right one. The two essential oils which I found to be most effective at quickly destroying my balanitis fungal infection are discussed at [this website](#).

You want to purchase products that are therapeutic grade and carefully extracted through cold pressing or steam distillation. This gives them the highest possible quality as they are devoid of synthetic additives which make them most effective at quickly eradicating stubborn and annoying fungal infections. Additionally, their plants are cultivated without pesticides which make them environmentally sustainable and perfect for customers that prioritize an eco-friendly lifestyle. When shopping for essential oils it is helpful to follow these tips:

- Look for words on the label which include therapeutic grade and organic
- Avoid fragrant oils, as they lack the quality needed to kill fungal infections
- Search for oils which are stored in dark bottles, as this increases potency and protection from sunlight
- If the price is too low, this means the oil is probably lower in quality

Additional Instructions and Guidelines

By following the simple instructions [here](#), you should be able to kill any fungal skin infection at home without having to visit a doctor/dermatologist and spend hundreds or thousands of dollars on biopsies, useless antifungal creams and medications.

This guide will help you eradicate Athlete’s Foot, Ring worm, balanitis, and more. And my advice to uncircumcised men who are battling fungal balanitis is to never, ever get circumcised, regardless of what your doctor tells you. It is a cash grab that will do nothing to eliminate the source of the skin infection itself.